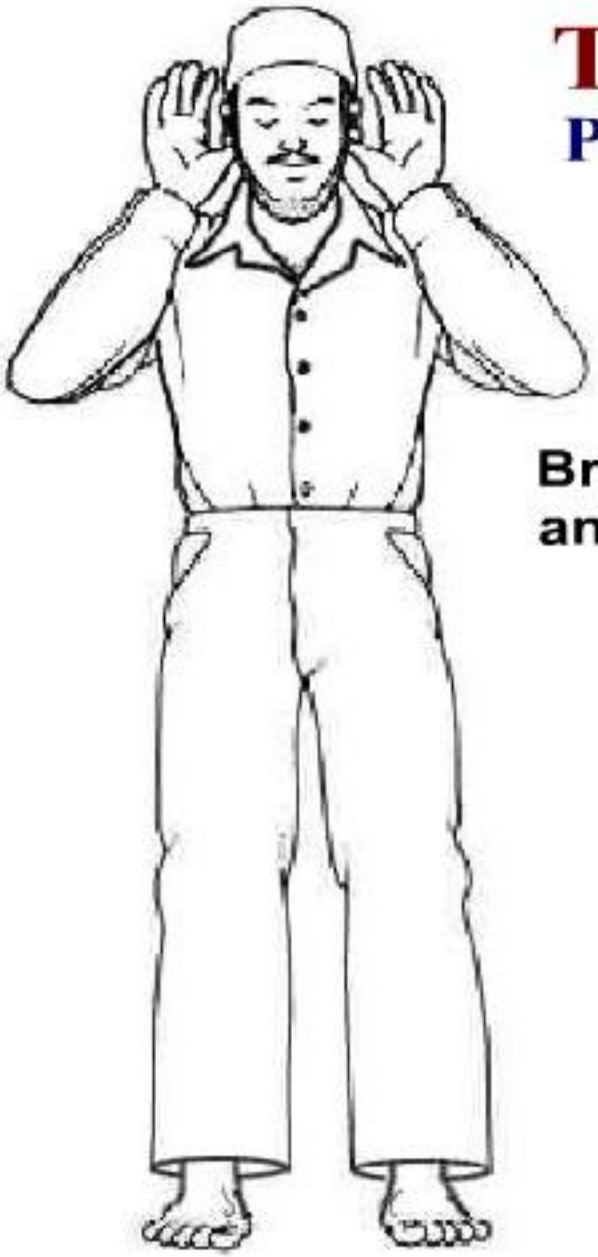
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TAKBEERAT

Posture 1

Instructions:

Bring hands, palms open, up to ears, and place thumbs behind earlobes, and say

اَللّٰهُ اَكْبَرُ

Allah-o-Akbar

Allah is the Greatest

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AL-QAYYAM

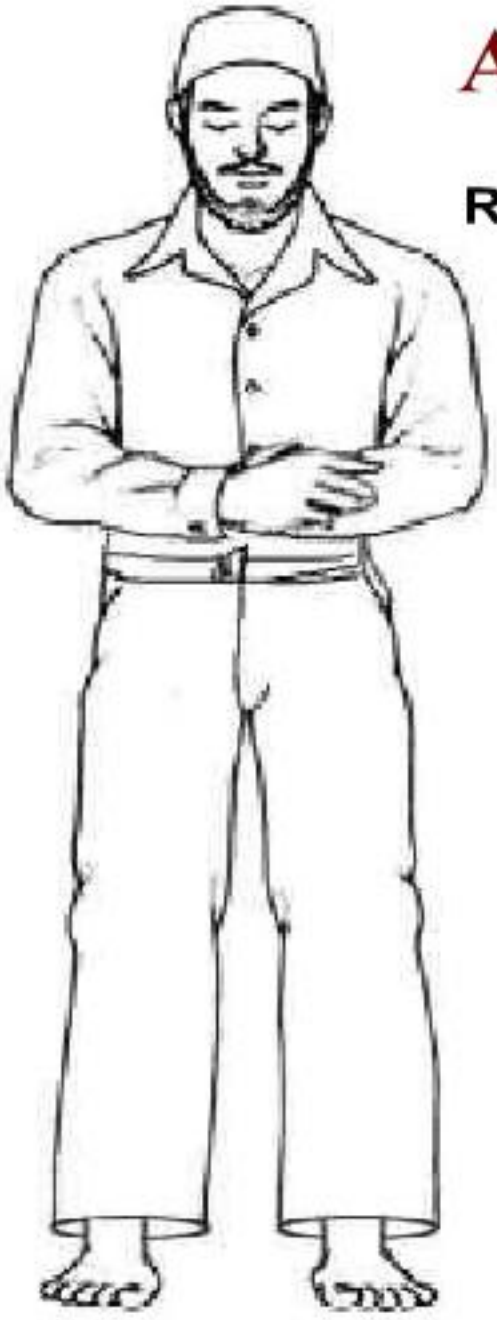
Posture 2

Recitation:

سُبْحٰنَكَ اللّٰهُمَّ وَبِحَمْدِكَ
وَتَبَارَكَ اسْمُكَ وَتَعَالٰى جَدُّكَ
وَلَآ اِلٰهَ غَيْرُكَ

**SUBHÁNA-KALLÁH-HUM-MA WA BI-HAMDIKA,
WATABÁRAKAS-MUKA WATA'ÁLÁ JADDUKA,
WA-LÁ ILÁHA GHAÍRUK**

**O Allah, Glorified, praise-worthy.
and blessed is Thy Name and exalted Thy Majesty.
and there is no deity worthy of worship except thee.**



AL-QAYYAM

Recitation:

اَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ

A'Ú-DHU-BIL-LÁ-HI MINASHAITÁNIR RAJÍM

I seek refuge in Allah for the rejected Satan

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

BISMILÁHIR RAHMÁNIR RAHÍM

In the Name of Allah, the Benef_

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Recitation:

ALHAMDU LIL-LÁHI RAB-BIL 'ÁLAMÍN
Praise be to Allah, Lord of the worlds

اَلْحَمْدُ لِلّٰهِ رَبِّ الْعٰلَمِيْنَ ۙ

AR-RAHMÁ-NIR RAHÍM
The Beneficent, the Merciful

الرَّحْمٰنِ الرَّحِيْمِ ۙ

MÁLIKI YAU-MID-DÍN
Master of the Day of Judgement

مٰلِكِ يَوْمِ الدِّيْنِ ؕ

YYÁ-KA N'ABUDU WA-IYYÁKA NASTA'ÍN
Thee alone we worship and to thee alone we turn for help

اِيَّاكَ نَعْبُدُ وَاِيَّاكَ نَسْتَعِيْنُ ؕ

IHDI-NAS-SIRÁ-TAL MUSTAQÍM
Guide us in the straight path

اِهْدِنَا الصِّرَاطَ الْمُسْتَقِيْمَ ۙ

SIRÁ TAL-LADHÍNA AN-'AMTA 'ALAÍHIM
The path of those whom You favored

صِرَاطَ الَّذِيْنَ اَنْعَمْتَ عَلَيْهِمْ

GHAIR-IL MAGHDUBI 'ALAÍHIM
and who did not deserve Thy anger.

غَيْرِ الْمَغْضُوْبِ عَلَيْهِمْ

WALAD-DÁL-LIN (AMIN)
Or went astray.

وَلَا الضَّآلِّيْنَ ۧ

Recite any other surah now

Recitation:

Recite this Surah or Any other Surah



قُلْ هُوَاللّٰهُ اَحَدٌ ۚ اَللّٰهُ الصَّمَدُ ۚ
لَمْ يَلِدْ ۙ وَلَمْ يُوْلَدْ ۙ
وَلَمْ يَكُنْ لَّهٗ كُفُوًا اَحَدٌ

QUL HOWALLAHU AHAD. ALLAAHUS-SAMAD
Say: He is God, The One and The Only. God, the Eternal, Absolute;

LAM YALID; WA LAM YOOLAD
He begetteth not, Nor is He begotten;

WA LAM YAKULLAHOO KUFUWAN AHAD
And there is none Like unto Him.

RUKU



Instructions:

Bend down at waist, placing palms of hands with fingers spread over knees. Back is parallel to ground, such that if a glass of water were on the back, it would not spill. Eyes looking down, directly ahead.

As bending at the waist, recite

اَللّٰهُ اَكْبَرُ

Allah is the Greatest

Then 3 Times

سُبْحَانَ رَبِّيَ الْعَظِيْم

SUBHAN A RABBIYAL AZEEM

Glory to my Lord, the reatest

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QAYYAM

Posture 4

Instructions:

While rising from the bending position of Ruku', recite

سَمِعَ اللّٰهُ لِمَنْ حَمِدَهُ

SAMI 'ALLÁHU LIMAN HAMIDAH

Allah has heard all who praise Him

رَبَّنَا لَكَ الْحَمْدُ

RAB-BANÁ LAKAL HAMD

Our Lord: Praise be to Thee

Then return to standing position, arms at side

Recitation

اَللّٰهُ اَكْبَرُ

ALLÁH AKBAR

Allah is the greatest

and move to next position

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SAJJDAH

Posture 7



Instructions:

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet

Recitation

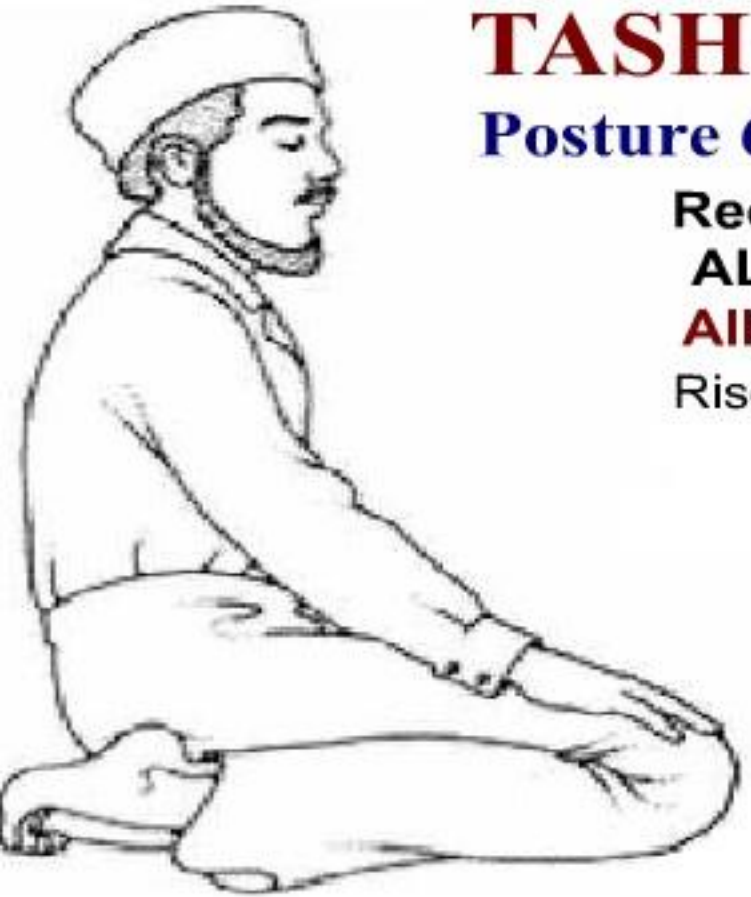
Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high

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TASHAHHUD

Posture 6

اَللّٰهُ اَكْبَرُ

Reciting
ALLÁH AKBAR
Allah is the greatest

Rise from the SAJJDAH position,

Dua for sitting between two prostrations:

"رَبِّ اغْفِرْ لِي رَبِّ اغْفِرْ لِي".

Rabbighfir lee, Rabbighfir lee.

Lord, forgive me. My Lord, forgive me.

اَللّٰهُ اَكْبَرُ

ALLÁH AKBAR
Allah is the greatest

And then assume SAJJDAH position once more

SAJJDAH



Instructions:

Go down to a kneeling position by placing both hands on knees, lowering oneself slowly and easily onto knees, then touch the head upon the ground so that the following seven body parts are in contact: forehead, two palms, two knees, toes of both feet

Recitation

Recite 3 Times

سُبْحَانَ رَبِّيَ الْأَعْلَى

SUBHÁNA RÁB-BI-YAL A'ALÁ

Glory to my Lord, the most high

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QUOOD

Posture 8

Instructions:

If the required number of Rakats is but two, the Salat would proceed to the next recitation



Recitation

اَلتَّحِيَاتُ لِلّٰهِ وَالصَّلَوٰاتُ وَالطَّيِّبَاتُ
اَلسَّلَامُ عَلَيْكَ اَيُّهَا النَّبِيُّ
وَرَحْمَةُ اللّٰهِ وَبَرَكَاتُهٗ ط
اَلسَّلَامُ عَلَيْنَا وَعَلٰى عِبَادِاللّٰهِ الصّٰلِحِيْنَ ○
اَشْهَدُ اَنْ لَّآ اِلٰهَ اِلَّا اللّٰهُ
وَاَشْهَدُاَنَّ مُحَمَّدً عَبْدُهٗ وَرَسُوْلُهٗ ○ ط

QUOOD

Posture 8

Recitation

AT-TAHI-YÁTU LIL-LÁHI WAS-SALAWÁTU WAT-TAY-YIBÁTU.
All prayers and worship through words, action and sanctity are for Allah only.

AS-SALÁMU 'ALAIKA AY-YUHAN-NABIY-YU.
Peace be on you, O Prophet.

WARAHMATUL-LÁHI WABARAKÁTUH.
And Mercy of Allah and His blessings.



AS-SALÁMU 'ALAINÁ WA'ALÁ 'IBÁDIL-LÁHIS-SÁLIHÍN.
Peace be on us and on those who are righteous servants of Allah.

ASH-HADU AL-LÁ ILÁHA IL-LAL-LAHÚ.
I bear witness to the fact that these is no deity but Allah.

WA-ASH-HADU AN-NA MUHAMMADAN 'ABDUHU WARASÚLUH
I bear witness that Muhammad is His slave and messenger

Instructions:

In the three raka'át(i.e. Maghrib) or four raka'át (Like Zuhr, 'Asr and 'Ishá) Saláh you stand up for the remaining raka'át after Tashahhud. On the other hand if it is two raka'át (Fajr) Saláh, keep sitting and after this recite Darud (blessing for the Prophet) in these words:

QUOOD

Posture 8



Recitation

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَّ عَلٰى اٰلِ مُحَمَّدٍ
كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَ عَلٰى اٰلِ اِبْرٰهِيْمَ
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ط

AL-LÁHUM-MA SAL-LI 'ALÁ MUHAMMAD-IW WA 'ALÁ ÁLI MUHAMMADIN
O Alláh, exalt Muhammad and the followers of Muhammad

KAMÁ SAL-LAITA 'ALÁ IBRÁHÍMA WA'ALÁ ÁLI IBRÁHÍMA
As thou did exalt Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED
Thou art the praised, the Glorious

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QUOOD



Recitation

اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ
وَ عَلٰى اٰلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ وَ عَلٰٓى اٰلِ اِبْرٰهِيْمَ
اِنَّكَ حَمِيْدٌ مَّجِيْدٌ ط

AL-LÁHUM-MA BÁRIK 'ALÁ MUHAMMAD-IW
O Alláh, bless Muhammad

WA 'ALÁ ÁLI MUHAMMADIN
and his followers

KAMÁBÁRAKTA 'ALÁ IBRÁHÍMA WA 'ALÁ ÁLI IBRÁHÍMA
as Thou has blest Ibrahim and his followers

IN-NAKA HAMÍDUM-MAJEED
Thou art the Praised, The Glorious

QUOOD

Recitation



اللّـــهُـــمَّ رَبَّنَا آتِنَا فِي الدُّنْيَـــا حَسَنَةً

وَفِي الْآخِـــرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

"Allahumma Rabbana Atina fid-dunya hasanatan wafil- Akhirati hasanatan waqina athaban nar."

.....

"Oh Allah, our Lord, give us all the good of this world, and the good of the life hereafter, and save us from the punishment of the hell-fire."

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Posture 9



Instructions:

Now turn your face to the right saying

اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللّٰهِ

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

Peace be on you and Allah's blessings.

Now turn your face to the left saying

اَلسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللّٰهِ

AS-SALÁMU 'ALAIKUM WA-RAHMATUL-LÁH

Peace be on you and Allah's blessings.

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